

Use A Food Thermometer



"IT'S SAFE
TO BITE
WHEN THE
TEMPERATURE
IS RIGHT!"

Temperature Rules! ... for cooking foods at home.

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|---------------|--|---------------|---|
| 140 °F | • Ham, fully-cooked (to reheat) | 165 °F | • Ground turkey & chicken |
| 145 °F | • Beef, lamb & veal steaks & roasts, (medium rare) | | • Stuffing |
| 160 °F | • Hamburger, meatloaf & other ground meats, | | • Casseroles (Mixed dishes) |
| | • Beef, lamb & veal steaks & roasts (medium) | | • Leftovers |
| | • Pork chops, ribs & roasts | 170 °F | • Chicken & turkey breasts |
| | • Egg dishes | 180 °F | • Chicken & turkey whole bird, legs, thighs & wings |
| | | | • Duck & goose |

It's the only way to tell if your food has reached a high enough temperature to destroy harmful bacteria.

**Food Safety
and Inspection Service**
U.S. Department of Agriculture

USDA Meat and Poultry Hotline
1-800-535-4555
www.fsis.usda.gov/thermy